

CALORIE COUNTING MADE EASY



THE CARLAY COMPANY

Division of Campana Sales Company

BATAVIA, ILLINOIS

Price 25 cents

NO. 223-'56

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The Causes and Dangers of Obesity (Excess Fat)

Excess fat in the human body is accumulated through over-nutrition (over-eating) or improper functioning of the glands which control the bodily weight. If the overweight condition is caused by glandular disturbance, then we suggest that it be treated by a physician—just like any other disease. The use of the Ayds Vitamin Candy Reducing Plan is not recommended for such cases.

But years of experience with thousands of overweight people who have used the Ayds Reducing Plan, some of whom were examined regularly in a clinic under the supervision of competent medical doctors, convinces us that the far greater number of overweight people—doctors estimates vary from 95% to 98%—are victims of their own uncontrolled appetites and that their excess fat is the result of over-eating. It is to these thousands that the use of the Ayds Reducing Plan is recommended.

The human body is sometimes compared to a beautiful, smooth-running machine; one which is designed to operate for decades and often functions for a hundred years; a machine in which the tissues are gradually replaced from within as they wear out; a machine in which the motive power for operation and for reconstruction of tissues is supplied by our daily diet—FOOD.

In growing youth the building of new tissue, bone and sinew, permit—even demand—the eating of inordinate amounts of food without any resulting accumulation of excess fat. During early maturity, too, the restless activity of persons within those years likewise burns up the energy of consumed food and little or no surplus remains to be transformed into fat. In later years those who spend their days in *hard, active, manual labor* can usually indulge their appetites without risking undue accumulation of fat over their toil-hardened structure of bone and muscle.

But the city dweller or the housewife is less fortunate. To them maturity brings a settled life, often a sedentary one, spent within the narrow confines of an office or a home. Under such conditions the continued indulgence in the rich fat-producing foods of youth levies its toll. Heavy layers of fat gradually extend over the tough, firm, abdominal muscles; rolls of fat distort the hip contours and distend the jaws into jowls, and before the unsuspecting heavy-eater is aware of the transition, the slim, graceful lines of youth are gone—perhaps forever.

This excess fat serves no useful purpose. It may be compared to a reserve food supply in the basement of a house to be drawn upon when the larder runs low and cannot be replenished. It is estimated that a thirty pound excess in the body fat amounts to approximately 90,000 calories, a supply which may be sufficient to sustain the body for a long time without any other food. If a person is in danger of being marooned on a desert island such a reserve of fat would be a definite asset but in the well-ordered existence of today such a possibility is remote, and the accumulated fat offers no advantage to compensate for its disfigurement of the body symmetry and its menace to the overweight's health.

The added weight becomes a burden on all of the organs of the digestive system and causes to descend on its victim a lassitude from which it is difficult to awaken. As the fat accumulates, exercise becomes more and more distasteful and finally is a real physical hardship for the fat-encased muscles degenerate into flabby flesh because of their inactivity and fail to respond except with pains and soreness. The automobile contributes its share to this physical decadence; the comfort of its deep cushions pampers the lethargy of obesity.

The Insurance Companies, the Physicians, all who have the health of our Countrymen in their charge, almost daily warn of the dangers of an obese condi-

tion. The kidneys, the heart, the pancreas—in fact all the vital organs of the body—are put under too great a strain by the added work of storing and transporting this unnecessary fat. The recent tremendous increase in deaths caused from heart ailments may be attributed, in part, to obesity.

Our experience tells us that men usually become concerned about their overweight condition only when their health is threatened by an ailment attributed to it. Women, in general, are more watchful of approaching fat because of the eternal feminine desire to appear slim, youthful, attractive.

But no matter what reason may stir the overweight sufferer into action, the time comes when he or she realizes the necessity for correcting this dangerous and repulsive condition. It is then that overweights should think of Ayds. The Ayds Vitamin Candy Reducing Plan is an aid in reducing weight because it makes reducing easier as well as pleasant.

Calorie-Definition

The energy developed by food is measured in calories, the scientists having defined a calorie as the amount of heat required to raise the temperature of one gram of water, one degree centigrade. This unit of heat measurement is applied to foods, and the number of calories in any food determines its fat-producing quality, and the types and portions of food having the greatest number of calories are the ones which produce the most fat in the human body.

Calories Needed per Day for Normal Individuals

The number of calories needed by a normal individual depends on age, weight and physical activities. The baby and growing child need more calories per pound per day than the adult, who supplies only his energy and repair needs. The old need still

less than the young adult. Naturally, the more active you are the more calories you need, for every movement of the body.

A Michigan lumberman, for example, working during the winter months, consumes from 5,000 to 8,000 calories per day. But they do a gigantic amount of hard physical work.

Calories Needed for Normal Weight

| | Per Pound of body weight per day |
|-------------------------------------|-------------------------------------|
| Infants Require..... | 40 - 50 Calories |
| Growing Children..... | 30 - 40 Calories |
| Adults (varies as to activity)..... | 15 - 20 Calories |
| Old Age requires..... | 15 or less Calories |

MAN (daily)

| | |
|-----------------|-----------------------|
| At rest..... | 1800 to 2000 Calories |
| Sedentary | 2200 to 2800 Calories |
| Working | 3500 to 4000 Calories |

WOMAN (daily)

| | |
|---|-----------------------|
| At rest..... | 1600 to 1800 Calories |
| Sedentary occupations (Bookkeeper, for example) .. | 1900 to 2200 Calories |
| Occupations which require standing, walking, or manual labor (housekeeping, for example) | 2300 to 2500 Calories |
| Occupations requiring Strength (Laundress, for example) | 2600 to 3000 Calories |

Surprise: Mental work does not require added nourishment. It is the fidgeting around, the restless spending of energy accompanying thinking that uses up calories.

NOW TO GET DOWN TO BUSINESS

- A. Determine your normal weight by this Rule or use table on following page.

Multiply number of inches over five feet in height, by $5\frac{1}{2}$; add 110. Example: if your height is five feet seven inches without shoes:

$$\begin{array}{r} 7 \times 5\frac{1}{2} = 38\frac{1}{2} \\ 110 \\ \hline 148\frac{1}{2} \end{array}$$

If under five feet multiply number of inches under five feet by $5\frac{1}{2}$ and subtract from 110. Example: If your height is four feet ten inches without shoes:

$$\begin{array}{r} 2 \times 5\frac{1}{2} = 12\frac{1}{2} \\ 110 \\ 12\frac{1}{2} \\ \hline 97\frac{1}{2} \end{array}$$

- B. Multiply normal weight by number of calories needed per pound daily.

If you weigh 200 or 125 pounds, for example, but by the rule for your height your weight should be 150 lbs.; then 150 would be the number you would use.

Adults require 15-20 C per pound per day, depending on activity. If you have no physical activity, take the lowest figure, 15. $150 \times 15 = 2250$. Therefore, your requirement, if your weight should be 150, is 2250 calories per day.

If you want to lose, cut down 500 to 1000 calories per day from that. 500 calories equal about 2 ounces of fat. 2 ounces per day would be about 4 pounds per month, or 48 pounds per year. Cutting out 1000 calories per day would equal a loss of about 8 pounds per month, or 96 pounds per year. You can definitely lose these pounds by having a knowledge of food values (calories) and regulating the food you eat.

Official Table of Weights for Women and Men

WOMEN

Weight in Pounds

(as ordinarily dressed)

20-24

25-29

30 and
over

HEIGHT
(with
shoes on)

20-24

(as ordinarily dressed)

25-29

30 and
over

| | | | | | |
|-----|-----|-----|--------|-----|-----|
| 113 | 116 | 119 | 4' 11" | ... | ... |
| 115 | 118 | 121 | 5' 0" | 119 | 124 |
| 117 | 120 | 123 | 5' 1" | 121 | 126 |
| 120 | 122 | 125 | 5' 2" | 124 | 128 |
| 123 | 125 | 128 | 5' 3" | 127 | 131 |
| 126 | 129 | 132 | 5' 4" | 131 | 134 |
| 129 | 132 | 136 | 5' 5" | 135 | 138 |
| 133 | 136 | 140 | 5' 6" | 139 | 142 |
| 137 | 140 | 144 | 5' 7" | 142 | 146 |
| 141 | 144 | 148 | 5' 8" | 146 | 150 |
| 145 | 148 | 152 | 5' 9" | 150 | 154 |
| 149 | 152 | 155 | 5' 10" | 154 | 158 |
| 153 | 155 | 158 | 5' 11" | 158 | 163 |
| 157 | 159 | 162 | 6' 0" | 163 | 169 |
| ... | ... | ... | 6' 1" | 168 | 175 |

It's Easy To Plan Low-Calorie Meals

Using the calories listed on the following pages, it's easy to make up your own menus with your individual calorie needs. Be careful however, not to choose only a few favorite foods; use as wide a variety of healthful foods as the budget permits to plan your menus.

Note: 1 cup represents 8 ounces.

BEVERAGES

| Chocolate | Calories |
|--|-----------------|
| Half Milk—Half Water..1 cup..... | 150 |
| All Milk.....1 cup..... | 250 |
| Cocoa | |
| Half Milk—Half Water..1 cup..... | 130 |
| All Milk.....1 cup..... | 172 |
| Coffee | |
| Black, unsweetened..... | 0 |
| Cola Beverages1 cup..... | 100 |
| Egg Nog1 cup..... | 200 |
| Fruit Punch1 cup..... | 185 |
| Ginger Ale1 cup..... | 75 |
| Kaffee Hag | |
| Plain..... | 0 |
| Lemonade1 cup..... | 75 |
| Malted Milk | |
| Chocolate.....1 cup..... | 400 |
| Plain.....1 cup..... | 200 |
| Ovaltine | |
| With skim milk.....1 cup..... | 100 |
| Postum, plain1 cup..... | 0 |
| Root Beer1 cup..... | 100 |
| Sarsaparilla $\frac{3}{4}$ cup..... | 56 |

| | Calories |
|---|----------|
| Seltzer Water | 0 |
| Soda Water1 Glass..... | 100 |
| Tea | |
| Plain unsweetened.....1 Glass..... | 0 |
| With juice of ½ lemon and 1⅔ tspn. sugar....1 cup..... | 116 |

BEVERAGES—Alcoholic

Malt Liquors

| | |
|-----------------------------------|-----|
| Ale, cream ale carb....1 cup..... | 100 |
| Bock Beer.....1 cup..... | 135 |
| Lager Beer.....1 cup..... | 100 |
| Porter, stout.....1 cup..... | 150 |
| Stock ale.....1 cup..... | 150 |
| Still ale.....1 cup..... | 150 |
| India ale.....1 cup..... | 150 |
| Weiss.....1 cup..... | 55 |

Distilled Liquors

| | |
|-------------------------------------|-------|
| Absinthe.....cordial glass..... | 50 |
| Applejack.....brandy glass..... | 75 |
| Akvavit.....cordial glass..... | 50 |
| Arrac.....cordial glass..... | 50 |
| Bacardi Rum.....brandy glass..... | 75 |
| Bitters.....teaspoon | 10 |
| Brandy.....brandy glass..... | 75-90 |
| Crene Yvette.....cordial glass..... | 65 |
| Gin.....brandy glass..... | 75 |
| Kirschwasser.....cordial glass..... | 50 |

Whiskies

| | |
|--|----|
| Bourbon, Irish Rye.....brandy glass..... | 85 |
| Scotch.....brandy glass..... | 75 |

Liqueurs and Cordials

| | |
|--|----|
| Annisette.....cordial glass..... | 80 |
| Benedictine.....cordial glass..... | 80 |
| Chartreuse.....cordial glass..... | 75 |
| Crene de Cocoa.....cordial glass..... | 50 |
| Crene de Menthe.....cordial glass..... | 70 |

| | | |
|--------------------|--------------------|----|
| Curacao..... | cordial glass..... | 60 |
| Kummel..... | cordial glass..... | 50 |
| Maraschino..... | cordial glass..... | 75 |
| Swedish Punch..... | cordial glass..... | 60 |
| Rum..... | brandy glass..... | 75 |
| Sloe Gin..... | brandy glass..... | 75 |
| Vodka..... | cordial glass..... | 65 |

Miscellaneous

| | | |
|--|--------------------|-----|
| Cider, sweet..... | 1 cup..... | 100 |
| Cider, hard..... | wine glass..... | 40 |
| Grenadine syrup..... | cordial glass..... | 50 |
| Maraschino Cherry Juice | teaspoon | 7 |
| Raspberry syrup..... | cordial glass..... | 50 |
| (Cordial glass — 1¼ tablespoons; Brandy glass 2 tablespoons) | | |

NOTE: The full value of mixed drinks and cocktails depends on the kinds and amounts of materials used in their composition. The calorie content must be judged accordingly.

Wines

| Domestic | | Calories |
|-------------------------|-------------------|----------|
| Calif. Red Wines..... | 1 wine glass..... | 75 |
| Calif. White Wines..... | 1 wine glass..... | 75 |
| Calif. Sauterne..... | 1 wine glass..... | 90 |
| Champagne..... | 1 wine glass..... | 90 |
| Catawka..... | 1 wine glass..... | 140 |
| Muscatel..... | 1 wine glass..... | 165 |
| Port..... | 1 wine glass..... | 165 |
| Sherry..... | 1 wine glass..... | 140 |
| European | | |
| Bordeaux..... | 1 wine glass..... | 80 |
| Champagne, dry..... | 1 wine glass..... | 85 |
| Champagne, sweet..... | 1 wine glass..... | 120 |
| Claret..... | 1 wine glass..... | 60 |
| Madeira..... | 1 wine glass..... | 110 |
| Moselle..... | 1 wine glass..... | 60 |
| Rhine..... | 1 wine glass..... | 70 |
| Sauterne..... | 1 wine glass..... | 80 |
| Malaga..... | 1 wine glass..... | 155 |

| | | |
|---|-------------------|-----|
| Marsala..... | 1 wine glass..... | 110 |
| Port Wine..... | 1 wine glass..... | 130 |
| Sherry, moderately dry. | 1 wine glass..... | 120 |
| Tokay..... | 1 wine glass..... | 120 |
| Vermouth, French..... | 1 wine glass..... | 110 |
| Vermouth, Italian..... | 1 wine glass..... | 175 |
| Standard wine glass holds $\frac{1}{3}$ cup or 6 tablespoons. | | |

BREADS, CRACKERS, MUFFINS, ROLLS

| Breads | | Calories |
|------------------|----------------------------|-----------------|
| Bran..... | 1 thin slice..... | 52 |
| Corn..... | 3"x4"x $\frac{1}{2}$ | 130 |
| Gluten..... | 3"x2"x $\frac{3}{4}$ | 40 |
| Graham..... | 1 thin slice | 52 |
| Melba Toast..... | 1 thin slice | 25 |
| Raisin..... | 1 slice..... | 75 |
| Rye..... | 1 thin slice | 50 |
| White..... | 1 thin slice | 52 |
| Whole Wheat..... | 1 thin slice | 52 |

| Biscuits | | Calories |
|--------------------|------------------------|-----------------|
| Baking Powder..... | 1 large or 2 small.... | 100 |
| Plain..... | 1 large or 2 small.... | 100 |

| Crackers | | Calories |
|-------------------------|--------------------------------|-----------------|
| Cheese Straws..... | 3 | 100 |
| Croutons, Toasted..... | 12- $\frac{1}{2}$ " cubes..... | 50 |
| Graham..... | 3 | 100 |
| Oatmeal..... | 1 | 25 |
| Oyster Crackers..... | 24 | 100 |
| Pretzels..... | 5 | 100 |
| Rusk..... | 1 | 50 |
| Rye Crisp..... | 3 | 50 |
| Rye Wafers..... | 1 | 28 |
| Saltines..... | 1 Double..... | 40 |
| Soda Crackers..... | 1 | 25 |
| Swedish Health Bread... | 1 square..... | 35 |
| Zweiback..... | 1 | 35 |

| Muffins, Rolls | | Calories |
|-----------------------|------------------|-----------------|
| Almond Coffee Cake... | small piece..... | 175 |
| Blueberry Muffin..... | 1 | 110 |

| | | |
|----------------------------------|--------------|-----|
| Boston Brown Bread.... | 1 slice..... | 100 |
| 3 in. diam., $\frac{3}{4}$ thick | | |
| Bran Muffin..... | 1 | 50 |
| Cinnamon Roll..... | 1 | 150 |
| Corn Muffin..... | 1 large..... | 100 |
| French Hard Roll..... | 1 small..... | 80 |
| French Toast..... | 1 slice..... | 130 |
| Gingerbread..... | 1 slice..... | 150 |
| One Egg Muffin..... | 1 | 132 |
| Parker House Roll..... | 1 | 100 |
| Popovers..... | 1 | 80 |
| Scones..... | 1 | 130 |
| Sweet Rolls (average)... | 1 | 120 |
| Whole Wheat Muffin... | 1 | 133 |

CANDIES

Calories

| | | |
|-------------------------|---------------|-----|
| Ayds | 1 piece | 25 |
| Bon Bons | 1 | 100 |
| Caramels | | |
| Chocolate with nuts.... | 1 | 100 |
| Plain..... | 1 | 80 |

Cherries

| | | |
|--------------|----------|-----|
| Candied..... | 10 | 100 |
|--------------|----------|-----|

Chocolate Bars (5c Size)

| | | |
|------------|---------|-----|
| Nut..... | 1 | 400 |
| Plain..... | 1 | 350 |

| | | |
|------------------------------|---------|-----|
| Chocolate Creams | 1 | 100 |
|------------------------------|---------|-----|

| | | |
|------------------------------|---|-----|
| Chocolate Fudge | 1 piece $1\frac{1}{2}$ "x $\frac{3}{4}$ "x1"... | 100 |
|------------------------------|---|-----|

| | | |
|------------------------------|---|-----|
| Chocolate, Sweet Milk | 1 piece $2\frac{1}{4}$ "x1"x $\frac{1}{8}$ "... | 100 |
|------------------------------|---|-----|

| | | |
|-----------------------------|---|-----|
| Divinity Fudge | 1 piece $1\frac{1}{2}$ "x $\frac{3}{4}$ "x1"... | 100 |
|-----------------------------|---|-----|

| | | |
|-------------|---------|----|
| Fruits..... | 1 | 50 |
|-------------|---------|----|

Ginger

| | | |
|--------------|---------------|----|
| Candied..... | 2 pieces..... | 30 |
|--------------|---------------|----|

| | | |
|----------------|--------------|----|
| Gum-Drops..... | 1 large..... | 35 |
|----------------|--------------|----|

| | | |
|--|--------------|----|
| | 5 small..... | 25 |
|--|--------------|----|

| | | |
|-------------------|---------|-----|
| Marshmallows..... | 5 | 100 |
|-------------------|---------|-----|

| | | |
|------------|-------------------|---|
| Mints..... | 5 very small..... | 7 |
|------------|-------------------|---|

| | | |
|----------------------|---------|----|
| Molasses Kisses..... | 1 | 35 |
|----------------------|---------|----|

| | | |
|--------------|---------|----|
| Nougats..... | 1 | 50 |
|--------------|---------|----|

| | | |
|---------------------|---|----|
| Peanut Brittle..... | 1 piece $1\frac{1}{2}$ "x $\frac{3}{4}$ "x1"... | 50 |
|---------------------|---|----|

Peppermint Patty

| | | | |
|-----------------------|---|-------|-----|
| Chocolate..... | 1 | | 375 |
| Plain..... | 1 | | 50 |
| Peppermint Stick..... | 1 | | 125 |

Popcorn

| | | |
|----------------------|--------------------|-----|
| Balls..... | 1 medium..... | 125 |
| Crackerjack..... | 1 box..... | 250 |
| Plain..... | 1 cup..... | 65 |
| Praline | 1 | 300 |
| Saltwater Taffy..... | 1 small piece..... | 20 |
| Sour Balls..... | 2 | 25 |

Toffee

| | | | |
|--------------|---------|-------|----|
| Coffee..... | 1 | | 20 |
| English..... | 1 | | 25 |
| Gum..... | 1 stick | | 9 |

CEREALS

*(Calories listed are for prepared cereals
ready to serve).*

| | | Calories |
|------------------------|------------------------|----------|
| All Bran Flakes | 1 cup | 100 |
| Corn Flakes..... | 1 cup..... | 132 |
| Corn Meal..... | $\frac{1}{2}$ cup..... | 75 |
| Cracked Wheat..... | $\frac{1}{2}$ cup..... | 100 |
| Cream of Wheat..... | $\frac{3}{4}$ cup..... | 100 |
| Farina..... | $\frac{3}{4}$ cup..... | 100 |
| Grape Nuts..... | $\frac{1}{4}$ cup..... | 100 |
| Hominy Grits..... | $\frac{4}{5}$ cup..... | 100 |
| Oatmeal..... | $\frac{3}{4}$ cup..... | 100 |
| Pettijohn..... | $\frac{1}{2}$ cup..... | 90 |
| Puffed Rice..... | 1 cup..... | 100 |
| Ralston..... | $\frac{1}{2}$ cup..... | 100 |
| Rice, white..... | $\frac{3}{4}$ cup..... | 100 |
| Rolled Oats..... | $\frac{1}{2}$ cup..... | 100 |
| Scotch Oatmeal..... | $\frac{1}{2}$ cup..... | 100 |
| Shredded Wheat Biscuit | 1 cup..... | 50 |
| Triscuits..... | 2 | 100 |

COCKTAILS

(with sauce)

| | | | |
|------------------------|---------|-------|-----|
| Bluepoints, raw..... | 6 | | 75 |
| Cherrystone Clams..... | 6 | | 75 |
| Crabmeat..... | 1/2 cup | | 100 |
| Fruit..... | 1/2 cup | | 80 |
| Lobster..... | 1/2 cup | | 100 |
| Oysters..... | 1/2 cup | | 100 |
| Shrimp..... | 1/2 cup | | 100 |

CONDIMENTS

Calories

| | | | |
|---------------------------|----------|-------|-----|
| A-1 Sauce..... | 1 tblsp. | | 10 |
| Catsup, tomato..... | 1 tblsp. | | 10 |
| Creole Sauce..... | 1/2 cup | | 200 |
| Cucumber Pickles..... | 1/2 cup | | 25 |
| Horseradish..... | 1 tspn. | | 6 |
| Mustard..... | 1 tspn. | | 10 |
| Olives, green or ripe...5 | | | 50 |
| Tartar Sauce..... | 1 tspn. | | 150 |
| Worcestershire Sauce...1 | tspn. | | 8 |

GRAVIES

Calories

| | | | |
|--------------------|-----------|-------|-----|
| Thick or thin..... | 2 tblspn. | | 100 |
|--------------------|-----------|-------|-----|

JELLIES

| | | | |
|--------------------|---------------|-------|-----|
| Apple Butter..... | 1 tblspn. | | 75 |
| Cranberry..... | 1 tblspn. | | 50 |
| Fruit Jellies..... | 1 3/4 tblspn. | | 100 |
| Jams..... | 1 3/4 tblspn. | | 100 |
| Marmalades..... | 1 tblspn. | | 100 |
| Peanut Butter..... | 1 tblspn. | | 100 |
| Preserves..... | 1 3/4 tblspn. | | 100 |

SAUCES

| | | | |
|------------------|---------|-------|-----|
| Hollandaise..... | 1 Tbls. | | 100 |
| Lemon Sauce..... | 3 Tbls. | | 60 |
| White Sauce..... | 1/2 cup | | 200 |

SWEET SAUCES

| | | | |
|-----------------------|------------|-------|-----|
| Caramel | 3 tblspns. | | 60 |
| with corn starch..... | | | |
| Cherry, foamy..... | 1 tblspn. | | 100 |

| | | |
|-----------------------------|--------------|-----|
| Chocolate | | |
| with corn starch.....1 | tblspn..... | 100 |
| Fruit, with corn starch.. 1 | tblspn..... | 100 |
| Hard Sauce.....1 | tblspn..... | 400 |
| Maple, with Corn Starch 1 | tblspn..... | 100 |
| Marshmallow | | |
| with corn starch.....1 | tblspn..... | 100 |
| Wine Sauce.....3 | tblspns..... | 60 |

SYRUPS

Calories

| | | |
|-----------------------|------------------|----|
| Corn.....1 | tblspn. | 50 |
| Honey, comb | tblspn. | 50 |
| Honey, strained | tblspn. | 50 |
| Maple | 1½ tblspns. | 60 |
| Molasses | tblspn | 40 |

DAIRY PRODUCTS

Calories

| | | |
|--------------------------------|---------------------------|-----|
| Butter.....1 | square 1¼"x1¼"x¼"..... | 73 |
| Cheese.....1 | level tblspn..... | 100 |
| American.....1 | tblspn., grated dry... 20 | |
| | 1 cube, 1⅛"..... | 100 |
| | 1 tblspn., grated fresh.. | 35 |
| Brie.....1 | cube..... | 100 |
| Camembert.....1 | sec., 1¾"x1"..... | 100 |
| Cottage.....1 | rounded tblspn..... | 30 |
| | ½ cup..... | 100 |
| Cream.....½ | cake, 1"x2"x1"..... | 125 |
| | 1 tblspn..... | 50 |
| Edam.....1 | scoop..... | 150 |
| Liederkrantz.....1 | tblspn..... | 200 |
| Limberger.....1 | cube..... | 150 |
| Neufchatel.....1 | tblspn..... | 50 |
| Parmesan.....¼ | cup..... | 75 |
| Roquefort.....1 | portion..... | 200 |
| | 1 piece, 2"x1"x¾".... | 100 |
| Swiss.....1 | slice, 4½"x3¼"x⅛".... | 100 |
| Swiss Petite Gruyere...section | | 150 |

Cream

| | | | |
|--------------|---|---------------------|----|
| Average..... | 1 | tblspn..... | 30 |
| Thick..... | 1 | tblspn..... | 60 |
| Whipped..... | 1 | heaping tblspn..... | 50 |

Eggs**Calories**

| | | | |
|----------------|---|--|-----|
| Boiled..... | 1 | average size..... | 80 |
| Fried..... | 1 | with tspn. butter..... | 110 |
| Omelet..... | 2 | eggs..... | 250 |
| Poached..... | 1 | egg..... | 80 |
| Scrambled..... | 1 | with 2 tblspns. milk and 1 tblspn. butter.. | 200 |

| | | | |
|----------------|---|-------|----|
| Egg White..... | 1 | | 14 |
| Egg Yolk..... | 1 | | 56 |

Milk

| | | | |
|-------------------------|-----------------|------------------------|-----|
| Buttermilk..... | 1 | cup..... | 88 |
| Condensed, sweet..... | 3 | tblspns..... | 200 |
| | | $\frac{1}{2}$ cup..... | 515 |
| Condensed, unsweet.... | 3 | tblspns..... | 100 |
| Evaporated, unsweet.... | 4 $\frac{1}{2}$ | tblspns..... | 100 |
| | | $\frac{1}{2}$ cup..... | 160 |
| Malted, dry..... | 1 | tblspn..... | 100 |
| Skimmed..... | 1 | cup..... | 88 |
| Top..... | $\frac{1}{2}$ | cup..... | 220 |
| Whole..... | 1 | cup..... | 170 |
| Oleomargarine..... | 1 | level tblspn..... | 100 |
| Yeast..... | 1 | cake..... | 20 |
| Yogurt..... | 1 | pint..... | 68 |

DESSERTS**Calories****Cake with icing**

| | | |
|-------------------------|----------------------------------|-----|
| Angel Food..... | average slice..... | 150 |
| Caramel..... | average slice..... | 275 |
| Chocolate, 2 layers.... | average slice..... | 350 |
| Chocolate, loaf..... | average slice..... | 150 |
| Cocoanut..... | average slice..... | 250 |
| Coffee..... | 1 square, 1 $\frac{1}{2}$ "..... | 100 |
| Cup, plain..... | 1 | 100 |
| Devil's Food..... | average slice..... | 250 |
| Doughnuts, French..... | 1 average..... | 350 |
| Doughnuts, Plain..... | 1 average..... | 200 |

| | | |
|-------------------------------|--------------------|-----|
| Fruit..... | average slice..... | 350 |
| Ginger, Bread, hot water..... | average slice..... | 200 |
| Ginger, Cake..... | average slice..... | 200 |
| Gold..... | average slice..... | 150 |
| One-Egg..... | average slice..... | 100 |
| Pound..... | average slice..... | 175 |
| Shortcake, with fruit.... | average slice..... | 300 |
| Sponge..... | average slice..... | 100 |
| Sunshine..... | average slice..... | 100 |
| Washington Cream..... | average slice..... | 200 |

Cookies

Calories

| | | |
|------------------------|-------------------------|-----|
| Brownie..... | 1, 2" x 2" x 1/2" | 100 |
| Chocolate..... | 1 | 125 |
| Date..... | 1 | 50 |
| Drop..... | 1, 2" diameter..... | 100 |
| Fig Newton..... | 1 | 65 |
| Ginger..... | 1 | 50 |
| Hermit..... | 1 | 50 |
| Honey..... | 1 | 50 |
| Ice Box..... | 1 | 150 |
| Macaroon, Almond..... | 1 | 50 |
| Macaroon, Coconut..... | 1 | 100 |
| Nabisco..... | 1 | 25 |
| Oatmeal..... | 1 | 50 |
| Petits Fours..... | 1 | 150 |
| Shortbread..... | 1 | 100 |
| Ladyfingers..... | 1 very small piece..... | 50 |

Ice Cream

Butterscotch,

| | | |
|-------------------------|--------------|-----|
| marshmallow..... | 1/2 cup..... | 500 |
| Chocolate..... | 1/2 cup..... | 250 |
| Chocolate Sundae..... | 1/2 cup..... | 400 |
| Fruit Mousse..... | 1/2 cup..... | 350 |
| Fruit Sundae..... | 1/2 cup..... | 400 |
| Maple Mousse..... | 1/2 cup..... | 400 |
| Nesselrode Pudding.... | 1/2 cup..... | 500 |
| New York..... | 1/2 cup..... | 125 |
| Sodas, all flavors..... | 1 glass..... | 350 |
| Vanilla, plain..... | 1/2 cup..... | 100 |

| Ices | | Calories |
|----------------|--------------|-----------------|
| Lemon..... | 1/2 cup..... | 110 |
| Orange..... | 1/2 cup..... | 110 |
| Pineapple..... | 1/2 cup..... | 125 |
| Raspberry..... | 1/2 cup..... | 110 |

Pastries

| | | |
|-----------------------|--------------|-----|
| Chocolate Eclair..... | 1 small..... | 150 |
| Cream Puffs..... | 1 small..... | 250 |
| Custard Puffs..... | 1 small..... | 200 |
| French Pastries..... | 1 small..... | 250 |
| Kisses, plain..... | 1 small..... | 50 |
| Marguerites..... | 1 small..... | 50 |
| Tarts, jelly..... | 1 small..... | 150 |

Pies

| | | |
|-----------------------|--------------------------|-----|
| Apple..... | 1 wedge, 1/6 of pie... | 350 |
| Apricot..... | 1 wedge, 1/6 of pie... | 350 |
| Banana Cream..... | 1 wedge, 1/6 of pie... | 250 |
| Berry, all..... | 1 wedge, 1/6 of pie... | 350 |
| Butterscotch..... | 1 wedge, 3" cut..... | 350 |
| Cherry..... | 1 wedge, 1/6 of pie... | 350 |
| Cocoanut Custard..... | 1 wedge, 1/6 of pie... | 350 |
| Custard..... | 1 wedge, 1/6 of pie.... | 250 |
| Lemon Meringue..... | 1 wedge, 1/6 of pie... | 200 |
| Peach..... | 1 wedge, 1/6 of pie... | 350 |
| Pumpkin..... | 1 wedge, 1/6 of pie..... | 300 |
| Prune..... | 1 wedge, 1/6 of pie... | 220 |
| Raisin..... | 1 wedge, 1/6 of pie... | 400 |
| Rhubarb..... | 1 wedge, 1/6 of pie... | 350 |

Puddings

| | | |
|------------------------|---------------|-----|
| Apple Dumpling..... | 1 medium..... | 300 |
| Apricot Whip..... | 1/2 cup..... | 100 |
| Banana Custard with | | |
| Meringue..... | 1/2 cup..... | 135 |
| Banana Whip..... | 1/2 cup..... | 60 |
| Blanc Mange, Chocolate | 1/2 cup..... | 200 |
| Bread..... | 1/2 cup..... | 150 |
| Brown Betty..... | 1/2 cup..... | 200 |
| Charlotte Russe..... | 1 cup..... | 250 |
| Corn Starch..... | 1/2 cup..... | 150 |

Custard

| | | |
|----------------------|--------------|-----|
| Caramel..... | 1/2 cup..... | 150 |
| Plain..... | 1/2 cup..... | 100 |
| Floating Island..... | 1/2 cup..... | 150 |
| Fruit Gelatin..... | 1/2 cup..... | 60 |

Gingerbread

| | | |
|---------------------|---------------|-----|
| Hot Water..... | 2x2x4 in..... | 190 |
| Sour Milk..... | 2x2x4 in..... | 200 |
| Jello, all..... | 1 cup..... | 75 |
| Junket..... | 1/2 cup..... | 100 |
| Plum, no sauce..... | 1/2 cup..... | 125 |
| Prune Whip..... | 1/2 cup..... | 100 |
| Rice..... | 1/2 cup..... | 150 |
| Snow..... | 2/3 cup..... | 100 |
| Tapioca..... | 1/2 cup..... | 200 |

FISH AND SEAFOODS

(Boiled or broiled, add calories for butter if fried.)

| | | |
|--------------------|-------------------|-----|
| Abalone Steak..... | average help..... | 40 |
| Bass..... | average help..... | 100 |
| Bluefish..... | average help..... | 85 |
| Caviar..... | 1 tblspn..... | 100 |
| Clams..... | 8 average..... | 100 |

Cod

| | | |
|--------------------|-------------------|-----|
| Balls..... | 2 small | 100 |
| Cakes..... | 1-2" diam..... | 125 |
| Creamed..... | 1/2 cup..... | 150 |
| Steak, cooked..... | average help..... | 135 |

Crab

| | | |
|--------------------|-------------------|-----|
| Canned..... | 1/2 cup..... | 75 |
| Cracked..... | 1 medium..... | 100 |
| Soft Shell..... | 2 | 150 |
| Finnan Haddie..... | average help..... | 100 |
| Creamed..... | 1/2 cup..... | 100 |
| Flounder..... | 1 portion..... | 100 |
| Frog Legs..... | 2 | 50 |
| Haddock..... | average help..... | 100 |
| Halibut..... | average help..... | 115 |

Lobster

| | | |
|-------------|--------------|-----|
| Canned..... | 1/2 cup..... | 65 |
| Fresh..... | 1/2 cup..... | 125 |

Mackerel

| | | |
|--------------------------|-------------------|-----|
| Fresh..... | average help..... | 110 |
| Salt..... | average help..... | 66 |
| Muskellunge..... | average help..... | 100 |
| Mussels..... | 9 | 50 |
| Oysters..... | 1/3 cup..... | 50 |
| Oysters, escalloped..... | 6 large..... | 250 |
| Oysters, fried..... | 2 | 60 |
| Perch..... | 3 medium..... | 80 |
| Pickrel..... | average help..... | 100 |
| Pike..... | average help..... | 100 |
| Red Snapper..... | average help..... | 100 |

Salmon

| | | |
|-----------------|-------------------|-----|
| Canned..... | 1/2 cup..... | 100 |
| Fresh..... | 1 slice..... | 100 |
| Sand Dabs..... | 2 | 50 |
| Sardines..... | 4, 3" long..... | 100 |
| Scallops..... | 6 large..... | 100 |
| Shad..... | average help..... | 100 |
| Roe..... | average help..... | 100 |
| Shrimps..... | 10 | 50 |
| Smelts..... | 2 | 100 |
| Sole..... | average help..... | 100 |
| Sword Fish..... | average help..... | 130 |

Trout

| | | |
|------------|-------------------|-----|
| Brook..... | 2 | 75 |
| Lake..... | average help..... | 125 |

Tuna

| | | |
|-----------------|---------------------|-----|
| Canned..... | 1/2 cup in oil..... | 100 |
| White Fish..... | average help..... | 100 |

FLOUR FOODS

(Calories listed do not include butter or syrup)

| | | |
|-----------------------|--------------|-----|
| Buckwheat cakes..... | 1 | 150 |
| Dumplings..... | 1 | 100 |
| Macaroni, cooked..... | 3/4 cup..... | 100 |

| | | |
|------------------------|------------------------|-----------------|
| Macaroni and cheese... | $\frac{3}{4}$ cup..... | 280 |
| Noodles, cooked..... | $\frac{1}{2}$ cup..... | 60 |
| Pancakes | | Calories |
| French..... | 1 | 200 |
| Plain..... | 1 | 100 |
| Waffles..... | 1 | 225 |

FOWL

Chicken

| | | |
|----------------------|---|-----|
| Broiler..... | $\frac{1}{2}$ medium..... | 100 |
| Creamed..... | $\frac{1}{4}$ cup..... | 100 |
| Fried..... | 1 small thigh or leg.... | 200 |
| | 1 piece breast..... | 150 |
| Roast..... | white meat, 3 slices | |
| | $3\frac{1}{2}$ "x $2\frac{1}{2}$ "x $\frac{1}{4}$ " | 100 |
| | dark meat, 3 slices | |
| | $3\frac{1}{2}$ "x $2\frac{1}{2}$ "x $\frac{1}{4}$ " | 150 |
| Duck, roast..... | 1 piece..... | 300 |
| Goose, roast..... | 1 piece..... | 300 |
| Pheasant, roast..... | 1 piece..... | 200 |
| Squab..... | 1 small..... | 300 |
| Turkey, roast..... | 1 slice white meat | |
| | 4 x 2 x $\frac{1}{4}$ " | 100 |
| | 1 slice dark meat | |
| | 4 x 2 x $\frac{1}{4}$ " | 125 |

FRUIT

Apple

| | | |
|--------------------------|------------------------|----|
| Raw..... | average size..... | 50 |
| Baked, without sugar... | 1 | 50 |
| Baked, with 2 tbs. sugar | 1 | 75 |
| Sauce..... | $\frac{1}{2}$ cup..... | 65 |

Apricots

| | | |
|-------------------------|----------------|-----|
| Fresh..... | 3 | 51 |
| Canned, with juice..... | 5 | 125 |
| Dried..... | .5 halves..... | 50 |
| Stewed, with juice, | | |

| | | |
|------------------|----------------------|----|
| Unsweetened..... | $4\frac{1}{2}$ | 50 |
|------------------|----------------------|----|

| | | |
|----------------------|---------------------------|-----|
| Avocado | $\frac{1}{2}$ medium..... | 300 |
|----------------------|---------------------------|-----|

| | | |
|---------------------|---------------|-----|
| Banana | 1 medium..... | 100 |
|---------------------|---------------|-----|

| Blackberries | | Calories |
|--------------------------|----------------------|-----------------|
| Fresh..... | 1 cup..... | 112 |
| Canned..... | 1/2 cup..... | 150 |
| Blueberries | | |
| Fresh..... | 1 cup..... | 100 |
| Canned..... | 1/2 cup..... | 100 |
| Cantaloupe | 1/2-5" diameter..... | 50 |
| Balls..... | 1 cup..... | 50 |
| Citron | | |
| Dried..... | 1 medium piece..... | 100 |
| Cherries | | |
| Fresh..... | 10 | 55 |
| Stoned..... | 1/2 cup..... | 40 |
| Canned..... | 1/2 cup..... | 100 |
| Crab Apples | | |
| Spiced..... | 1 | 50 |
| Cranberries | | |
| Sauce..... | 1/2 cup..... | 100 |
| Currants | | |
| Cooked..... | 1/2 cup..... | 100 |
| Dried..... | 1/2 cup..... | 200 |
| Fresh..... | 3/4 cup..... | 51 |
| Dates | .3 to 4..... | 100 |
| Figs | | |
| Dried..... | .2 | 138 |
| Fresh..... | .3 small..... | 100 |
| Gooseberries | | |
| Cooked..... | 1/2 cup..... | 100 |
| Grapes | | |
| Tokay..... | 1/2 cup..... | 75 |
| Concord..... | 3/4 cup..... | 100 |
| Malaga..... | 26 | 100 |
| Grapefruit | | |
| Unsweetened | 1/2 | 50 |
| Lemons | 1 medium..... | 46 |
| Loganberries | | |
| Canned..... | 1/2 cup..... | 100 |
| Fresh..... | 1 cup..... | 100 |

| Melons | | Calories |
|--------------------------|---------------------------------|-----------------|
| Casaba..... | $\frac{1}{8}$ | 100 |
| Honeydew..... | $\frac{1}{6}$ | 50 |
| Persian..... | $\frac{1}{6}$ | 50 |
| Nectarines | 2 small..... | 100 |
| Oranges | 1 average size..... | 80 |
| | 1 cup, small pcs. | 100 |
| Peaches | | |
| Canned..... | 2 Hlvs. with Juice..... | 100 |
| Fresh..... | 1 Lg..... | 50 |
| Spiced..... | 1 | 150 |
| Pears | | |
| Canned..... | 3 Hlvs. with Juice..... | 100 |
| Fresh..... | 1 | 70 |
| Spiced..... | 1 | 150 |
| Pineapple | | |
| Canned..... | 2 Slices with Juice..... | 100 |
| Crushed..... | $\frac{1}{4}$ cup Shredded..... | 100 |
| Fresh..... | 2 Slices—1" Thick..... | 50 |
| Plums | | |
| Canned—with juice..... | 4 | 200 |
| Fresh..... | 4 | 120 |
| Pomegranate | 1 | 50 |
| Prunes | | |
| Dried..... | 4 | 100 |
| Stewed—with juice..... | 4 | 200 |
| Raisins | $\frac{1}{4}$ cup..... | 100 |
| Raspberries | | |
| Canned..... | $\frac{1}{2}$ cup..... | 100 |
| Fresh..... | $\frac{1}{2}$ cup..... | 50 |
| Rhubarb | | |
| Canned..... | $\frac{1}{2}$ cup..... | 100 |
| Fresh..... | 1 cup—1" Pieces..... | 20 |
| Stewed..... | $\frac{1}{2}$ cup..... | 100 |
| Strawberries | | |
| Canned..... | $\frac{1}{2}$ cup..... | 100 |
| Fresh..... | 1 cup..... | 78 |

| | | |
|-------------------------|------------------|-----|
| Tangerines | 1 | 35 |
| Watermelon | 1½ lbs..... | 100 |
| | Large slice..... | 15 |

JUICES

Calories

| | | |
|-------------------------------|----------------------|-----|
| Clam juice | ½ cup..... | 60 |
| Grape juice | ½ cup..... | 70 |
| Grapefruit juice | 1 cup—unsweetened... | 100 |
| Kraut juice | ½ cup..... | 20 |
| Lemon juice | ½ cup..... | 40 |
| | 1 tblspn..... | 5 |
| Lime juice | 1 tblspn..... | 10 |
| Orange juice | ½ cup..... | 55 |
| Pineapple juice | ½ cup..... | 65 |
| Pomegranate juice ... | ½ cup..... | 50 |
| Tomato juice | ½ cup..... | 25 |

MEAT

(Boiled or broiled. Add calories for fats if fried.)

Bacon

| | | |
|--------------------|---------------|-----|
| Crisp | 4 slices..... | 100 |
|--------------------|---------------|-----|

Beef

| | | |
|--------------------------------|---------------------------|-----|
| Corned, boiled | 1 slice, 4"x1"x1"..... | 100 |
| Corned, hash | ½ cup..... | 100 |
| Dried | 3 slices, 4"x5"x thin.... | 50 |
| Dried, creamed | ½ cup..... | 125 |
| Hamburger | 1 Patty..... | 200 |
| Heart | 1 Medium Piece..... | 100 |
| Liver | 1 slice, 2"x3"x½"..... | 100 |
| Pot Roast—lean | 1 slice, 4¾"x3½"x⅛"..... | 100 |
| Rib Roast—lean | 1 slice, 5"x2½"x¼".... | 100 |
| Rib Roast—med. fat | 1 slice—¼" thick..... | 340 |
| Round Steak—lean | 1 slice, 3"x1"x1"..... | 100 |
| Sirloin Steak | 1 piece, 2"x1½"x¾" .. | 100 |
| Stew | 1 cup..... | 300 |
| Swiss Steak | 1 piece, 4"x1"x½".... | 100 |
| Tenderloin | 1 Small..... | 250 |
| Tongue | 2 small pieces..... | 75 |

Brains

| | | |
|---------------------|------------|-----|
| Calves | ⅔ cup..... | 100 |
|---------------------|------------|-----|

| Ham | | Calories |
|----------------------|-------------------------------|-----------------|
| Boiled..... | 1 slice—no fat..... | 100 |
| Fried..... | 1 piece..... | 200 |
| Hocks..... | 1 | 250 |
| Smoked—med. fat..... | 1 slice, 4½" x 4½" x ¼" | 400 |
| lean..... | 1 slice, 4¾" x 4" x ⅛" | 100 |

Kidney

| | | |
|-------------------|------------|-----|
| Beef or Veal..... | 1—5" | 250 |
|-------------------|------------|-----|

Lamb

| | | |
|-------------------------|-------------------------------|-----|
| Chop..... | 1 medium..... | 100 |
| Roast..... | 1 slice, 3½" x 4½" x ⅛" | 100 |
| Meat Balls | 1 large..... | 150 |
| Meat Loaf | 1 slice..... | 150 |

Mutton

| | | |
|------------------|-------------------------------|-----|
| Boiled—lean..... | 1 slice..... | 125 |
| Chop—lean..... | 1 small..... | 150 |
| Roast..... | 1 slice, 3½" x 4½" x ⅛" | 125 |

Pigs Feet

| | | |
|--------------|--------------|-----|
| Pickeld..... | 1 small..... | 100 |
|--------------|--------------|-----|

Pork

| | | |
|-----------------|---------------------|-----|
| Chop—lean..... | 1 medium..... | 200 |
| Roast..... | 1 slice..... | 170 |
| Salt..... | 1 small piece..... | 100 |
| Spareribs..... | 1 piece—4 ribs..... | 150 |
| Tenderloin..... | 1 | 200 |

Sausage

| | | |
|-------------------------|---------------------|-----|
| Bologna..... | 2 slices..... | 100 |
| Cervelat..... | 2 slices..... | 100 |
| Frankfurter..... | 1 small..... | 100 |
| | 1 large..... | 150 |
| Head Cheese..... | 1 medium slice..... | 100 |
| Liverwurst..... | 1 slice..... | 100 |
| Pork Sausage, links.... | 2 average..... | 100 |
| meat..... | 1 patty..... | 150 |
| Salami..... | 2 slices..... | 100 |
| Summer..... | 4 slices..... | 100 |

| Sweetbreads | | Calories |
|--------------------|--------------|-----------------|
| Broiled..... | 2 | 75 |
| Creamed..... | 1/2 cup..... | 125 |

Tripe

| | | |
|--------------|----------------------|-----|
| Broiled..... | average helping..... | 150 |
|--------------|----------------------|-----|

Veal

| | | |
|------------------------------|-------------------------------|-----|
| Cutlet—broiled..... | 1 medium..... | 100 |
| Cutlet—lean & breaded | 1 medium..... | 200 |
| Roast..... | 1 slice, 2"x2 3/4"x1/8" | 100 |
| Steak..... | 1 small piece..... | 100 |
| Stew..... | 1 cup..... | 200 |
| Venison | 1 slice..... | 150 |
| Wienerschnitzel | 1 slice..... | 300 |

Almonds

NUTS

| | | |
|-------------|---------------|-----|
| Plain..... | 12 to 15..... | 100 |
| Salted..... | 10 | 100 |

Brazil

| | | |
|------------|---------|-----|
| Large..... | 2 | 100 |
|------------|---------|-----|

| | | |
|---------------------|-------------|-----|
| Cashew | 4 to 5..... | 100 |
|---------------------|-------------|-----|

| | | |
|------------------------|---------|-----|
| Chestnuts | 7 | 100 |
|------------------------|---------|-----|

Cocoanut

| | | |
|---------------|---------------|-----|
| Shredded..... | 3 tblspn..... | 100 |
|---------------|---------------|-----|

| | | |
|-----------------------|--------------|-----|
| Filberts | 8 to 10..... | 100 |
|-----------------------|--------------|-----|

| | | |
|--------------------|---------------|-----|
| Hazel | 10 to 12..... | 100 |
|--------------------|---------------|-----|

| | | |
|----------------------|----------|-----|
| Hickory | 12 | 100 |
|----------------------|----------|-----|

Peanuts

| | | |
|--------------|---------------|-----|
| Chopped..... | 2 tblspn..... | 100 |
|--------------|---------------|-----|

| | | |
|---------------------|----------|-----|
| Roasted—double..... | 12 | 100 |
|---------------------|----------|-----|

| | | |
|-------------|----------|-----|
| Salted..... | 18 | 100 |
|-------------|----------|-----|

Pecans

| | | |
|-------------|----------|-----|
| Halves..... | 12 | 100 |
|-------------|----------|-----|

| | | |
|-------------------|----------|-----|
| Pine | 12 | 100 |
|-------------------|----------|-----|

| | | |
|------------------------|----------|-----|
| Pistachio | 12 | 100 |
|------------------------|----------|-----|

Walnuts

| | | |
|-------------|----------|-----|
| Halves..... | 10 | 100 |
|-------------|----------|-----|

SALADS

(Without dressing)

| | | |
|-----------------------------|----------------------|----|
| Asparagus Tips | average helping..... | 32 |
|-----------------------------|----------------------|----|

| | | | |
|-------------------------------|---------|--------------|-----|
| Avocado | average | helping..... | 110 |
| Cabbage, Celery, | | | |
| Pineapple | average | helping..... | 70 |
| Cabbage Slaw | average | helping..... | 35 |
| Chicken | average | helping..... | 130 |
| Combination | | | |
| Fruit..... | average | helping..... | 110 |
| Vegetable..... | average | helping..... | 90 |
| Crabmeat | average | helping..... | 90 |
| Egg | average | helping..... | 125 |
| Egg | | | |
| Deviled..... | average | helping..... | 150 |
| Egg and Tomato | average | helping..... | 85 |
| Endive | average | helping..... | 35 |
| Endive and Grapefruit | average | helping..... | 85 |
| Fruit | | | |
| Gelatin..... | average | helping..... | 110 |
| Herring | average | helping..... | 175 |
| Lobster | average | helping..... | 150 |
| Pineapple and Cheese | average | helping..... | 100 |
| Potato | average | helping..... | 220 |
| Salmon | average | helping..... | 200 |
| Shrimp | average | helping..... | 65 |
| Tomato and Cucumber | average | helping..... | 35 |
| Tomato and Lettuce ... | average | helping..... | 35 |
| Tomato—Stuffed | | | |
| Avocado Pear..... | average | helping..... | 110 |
| Chicken..... | average | helping..... | 130 |
| Cottage Cheese..... | average | helping..... | 75 |
| Crab..... | average | helping..... | 105 |
| Lobster..... | average | helping..... | 90 |
| Shrimp..... | average | helping..... | 85 |
| Waldorf..... | average | helping..... | 100 |

SALAD DRESSINGS, OILS

(See recipe for diet dressing.)

| | | | |
|------------------------------|---|-------------|-----|
| Bacon Fat | 1 | tblspn..... | 135 |
| Boiled Dressing | 1 | tblspn..... | 50 |
| Chicken Fat | 1 | tblspn..... | 115 |
| Codliver Oil | 1 | tblspn..... | 100 |

| | | | |
|--------------------------------|-------------|-------------|-----|
| Cottonseed Oil | 1 | tblspn..... | 100 |
| Cream Dressing | 1 | tblspn..... | 50 |
| French Dressing | 1 | tblspn..... | 75 |
| French Diet Dressing .. | 1 | tblspn..... | 25 |
| Halibut Oil | 1 | tblspn..... | 100 |
| Lard | 1 | tblspn..... | 100 |
| Mayonnaise | 1 | tblspn..... | 100 |
| Mayonnaise Diet | | | |
| Dressing | 1 | tblspn..... | 50 |
| Mineral Oil | | | xxx |
| Olive Oil | 1 | tblspn..... | 100 |
| Roquefort Dressing ... | 1 | tblspn..... | 250 |
| Russian Dressing | 1 | tblspn..... | 75 |
| Thousand Island | 1 | tblspn..... | 175 |
| Thousand Island Diet .. | 1 | tblspn..... | 75 |
| Vinegar | average use | | xxx |
| Viosterol | | | xxx |

Diet Dressing

$\frac{2}{3}$ c. Mineral Oil
 $\frac{1}{3}$ c. Vinegar
1 teas. Salt
Pepper
 $1\frac{1}{2}$ t. Paprika
2 or 3 Beads Garlic (halved)
Pour ingredients into jar with
tight cover. Shake well to mix.

SOUPS AND CONSOMMES

(Consommé chilled—add 25C.)

Asparagus

Creamed.....1 cup.....180

Bean

Navy.....1 cup.....200

Beef Broth.....1 cup.....50

Bouillon

Clear.....1 cup.....25

Celery

Creamed.....1 cup.....150

Clam Consommé.....1 cup.....50

Chowder.....1 cup.....250

| | | |
|-----------------------------|------------|-----|
| Clear Consommé | 1 cup..... | 25 |
| Chicken | | |
| Clear..... | 1 cup..... | 50 |
| With Rice..... | 1 cup..... | 100 |
| Corn | | |
| Creamed..... | 1 cup..... | 200 |
| Lentil | 1 cup..... | 250 |
| Mock Turtle | 1 cup..... | 250 |
| Mulligatawny | 1 cup..... | 140 |
| Mushroom | | |
| Creamed..... | 1 cup..... | 200 |
| Onion | | |
| Creamed..... | 1 cup..... | 200 |
| French..... | 1 cup..... | 150 |
| Oxtail | 1 cup..... | 155 |
| Oyster Stew | | |
| Milk..... | 1 cup..... | 150 |
| 1/2 Cream..... | 1 cup..... | 200 |
| Pea | | |
| Creamed..... | 1 cup..... | 200 |
| Split..... | 1 cup..... | 200 |
| Peppercot | 1 cup..... | 180 |
| Potato | | |
| Creamed..... | 1 cup..... | 275 |
| Spinach | | |
| Creamed..... | 1 cup..... | 200 |
| Tomato | | |
| Clear..... | 1 cup..... | 50 |
| Creamed..... | 1 cup..... | 230 |
| With Skimmed Milk..... | 1 cup..... | 100 |
| Vegetable | 1 cup..... | 100 |

SUGARS

| | | |
|--------------------|-------------------------------|----|
| Beet | 1 teaspoon..... | 25 |
| Brown | 1 teaspoon..... | 17 |
| Cane | | |
| Granulated..... | 1 teaspoon..... | 25 |
| Loaf..... | 1 piece, 1 1/8" x 3/4" x 3/8" | 25 |
| Powdered..... | 1 tablespoon..... | 36 |

| | | |
|--------------------|---|-----|
| Maple | 1 piece, 1 $\frac{3}{4}$ "x1 $\frac{1}{4}$ "x $\frac{1}{2}$ " | 100 |
| | 1 tablespoon..... | 10 |

VEGETABLES

(Calorie count below does not
include butter or cream sauce.)

| | | |
|-------------------------|---|-----|
| Artichokes | 1 | 150 |
|-------------------------|---|-----|

Asparagus

| | | |
|----------------------------|------------------------|----|
| Canned..... | 6 stalks..... | 50 |
| Fresh..... | 8 stalks..... | 18 |
| Tips..... | $\frac{1}{2}$ cup..... | 30 |
| Bamboo Shoots | $\frac{1}{2}$ cup..... | 25 |

Beans

| | | |
|---------------------|------------------------|-----|
| Canned Baked..... | $\frac{1}{2}$ cup..... | 129 |
| Home Baked..... | $\frac{1}{2}$ cup..... | 300 |
| Kidney, Canned..... | $\frac{1}{2}$ cup..... | 100 |
| Kidney, Dried..... | $\frac{1}{8}$ cup..... | 87 |
| Lima..... | $\frac{1}{2}$ cup..... | 100 |
| Lima, Dried..... | $\frac{1}{2}$ cup..... | 275 |
| Navy..... | $\frac{1}{2}$ cup..... | 160 |
| String..... | 1 cup..... | 25 |
| Wax..... | 1 cup..... | 25 |

Beets

| | | |
|--------------|------------------------|----|
| Cooked..... | $\frac{1}{2}$ cup..... | 45 |
| Greens..... | $\frac{1}{2}$ cup..... | 30 |
| Pickled..... | 6 slices..... | 25 |

| | | |
|-----------------------|------------|----|
| Broccoli | 1 cup..... | 42 |
|-----------------------|------------|----|

| | | |
|------------------------------|---|----|
| Brussel Sprouts | 6 | 48 |
|------------------------------|---|----|

Cabbage

| | | |
|-------------|------------|----|
| Cooked..... | 1 cup..... | 25 |
| Raw..... | 1 cup..... | 25 |

Carrots

| | | |
|--------------------|------------------------|----|
| Cooked..... | $\frac{1}{2}$ cup..... | 35 |
| Fresh, Grated..... | 1 cup..... | 60 |
| Raw..... | 4 medium..... | 30 |

| | | |
|--------------------------|------------|----|
| Cauliflower | 1 cup..... | 30 |
|--------------------------|------------|----|

| | | |
|---------------------|---------------|----|
| Celery | 6 stalks..... | 15 |
|---------------------|---------------|----|

Chard

| | | |
|-------------|---------------------------|----|
| Cooked..... | 1 $\frac{1}{2}$ cups..... | 95 |
|-------------|---------------------------|----|

Corn

| | | |
|------------------------------|-----------------|-----|
| Canned..... | 1/2 cup..... | 100 |
| On Cob..... | 1 ear—6"..... | 60 |
| Popped..... | 1 1/2 cups..... | 100 |
| Cucumber | 12 slices..... | 10 |
| Dandelion Greens | 1 1/4 cups..... | 50 |

Eggplant

| | | |
|------------|--------------|----|
| Fried..... | 1 slice..... | 50 |
|------------|--------------|----|

| | | |
|---------------------|---------------|----|
| Endive | 5 pieces..... | 60 |
|---------------------|---------------|----|

Kale

| | | |
|-------------|------------|----|
| Cooked..... | 1 cup..... | 45 |
|-------------|------------|----|

| | | |
|-----------------------|------------|----|
| Kohlrabi | 1 cup..... | 50 |
|-----------------------|------------|----|

| | | |
|-------------------|--------|----|
| Leek | 1..... | 10 |
|-------------------|--------|----|

| | | |
|----------------------|-------------------|----|
| Lettuce | 1 large head..... | 50 |
| | average head..... | 10 |

Mushrooms

| | | |
|--------------|------------|----|
| Buttons..... | 1 cup..... | 25 |
|--------------|------------|----|

| | | |
|-------------|--------------|----|
| Canned..... | 1/2 cup..... | 85 |
|-------------|--------------|----|

| | | |
|------------|---------------------|-----|
| Fresh..... | 25—1" diameter..... | 100 |
|------------|---------------------|-----|

| | | |
|-------------------|-------------|----|
| Okra | 7 pods..... | 25 |
|-------------------|-------------|----|

Onions

| | | |
|------------|--------------|----|
| Fried..... | 1/4 cup..... | 75 |
|------------|--------------|----|

| | | |
|-----------------|---------------|----|
| Green, Raw..... | 5 medium..... | 10 |
|-----------------|---------------|----|

| | | |
|--------------|---------------|----|
| Spanish..... | 1 medium..... | 50 |
|--------------|---------------|----|

| | | |
|-------------|--------------|----|
| Stewed..... | 1/2 cup..... | 50 |
|-------------|--------------|----|

| | | |
|---------------------|--------------|----|
| White, Chopped..... | 1/2 cup..... | 75 |
|---------------------|--------------|----|

| | | |
|----------------------|--------------|----|
| Parsley | 1 bunch..... | 25 |
|----------------------|--------------|----|

Parsnips

| | | |
|-------------|------------------------|-----|
| Cooked..... | 1/2 cup cubes..... | 65 |
| | 1—2" diameter at top.. | 100 |

Peas

| | | |
|-------------|--------------|----|
| Canned..... | 1/2 cup..... | 55 |
|-------------|--------------|----|

| | | |
|-------------------|---------------|-----|
| Dried, Split..... | 2 tblspn..... | 100 |
|-------------------|---------------|-----|

| | | |
|------------|--------------|----|
| Fresh..... | 1/2 cup..... | 75 |
|------------|--------------|----|

Peppers

| | | |
|------------|--------------|----|
| Green..... | 1 whole..... | 20 |
|------------|--------------|----|

Potatoes

| | | |
|-----------------------|---------------|-----|
| Au Gratin..... | 1/2 cup..... | 200 |
| Baked..... | 1 medium..... | 100 |
| Boiled..... | 2 small..... | 100 |
| Chips..... | 1/4 cup..... | 100 |
| Creamed..... | 1/2 cup..... | 150 |
| Escalloped..... | 1/2 cup..... | 150 |
| French Fried..... | 4 pieces..... | 100 |
| Fried..... | 4 slices..... | 100 |
| Hashed Brown..... | 1/3 cup..... | 100 |
| Mashed..... | 1/2 cup..... | 100 |
| Sweet, Baked..... | 1 small..... | 150 |
| Yam..... | 1 medium..... | 200 |
| Pumpkin | 1 cup..... | 70 |
| Radishes | 5 | 15 |

Rhubarb

| | | |
|------------------------|----------------------|-----|
| Canned..... | 1/2 cup..... | 100 |
| Fresh..... | 1 cup—1" pieces..... | 20 |
| Stewed..... | 1/2 cup..... | 100 |
| Rutabagas | 1/2 cup..... | 30 |

Spinach

| | | |
|------------|------------|----|
| Plain..... | 1 cup..... | 40 |
|------------|------------|----|

Squash

| | | |
|------------------------|--------------|-----|
| Hubbard, Mashed..... | 1/2 cup..... | 50 |
| Summer, Mashed..... | 1/2 cup..... | 25 |
| Succotash | 1/2 cup..... | 150 |

Tomatoes

| | | |
|-------------|--------------|----|
| Canned..... | 1 cup..... | 50 |
| Raw..... | 1 | 35 |
| Stewed..... | 1/2 cup..... | 65 |

Turnips

| | | |
|-------------------------|--------------|----|
| Chopped..... | 3/4 cup..... | 35 |
| Mashed..... | 1/2 cup..... | 50 |
| Watercress | 1 bunch..... | 20 |

HOW TO WATCH YOUR WEIGHT*

[illegible]

***Weigh yourself daily.** Usually after elimination, following breakfast, is the best time. Use the same scale daily.

****Use "+" for gain; use "-" for loss.**

Other products by Campana —

ITALIAN BALM Hand Lotion

Famous skin softening formula brought down from Canada many years ago. For hands, face, body.

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